

BABY BOTOX IS ON THE RISE

MEN AND WOMEN ARE REQUESTING TO BE INJECTED WITH SMALLER DOSES SO AS TO MAINTAIN A MORE NATURAL LOOK

Sanaya Chavda

Botox treatments have conventionally been associated with smooth, often expressionless faces. While the cosmetic procedure, that has been around for 15 years now, is much sought after for plumping up the skin, concealing fine lines and giving a youthful appearance, there are many who hesitate due to the possible side effects. Those looking for a more subtle, natural-looking alternative, can opt for Baby Botox. It is still regular Botox, just given in smaller doses, and applied in a slightly different way by targeting specific areas. This is also seen as a preventive measure to modify how the facial muscles move. Celebrities like Amanda Holden and Courteney Cox have been criticised in the past for their over-Botoxed faces, meanwhile many feel Meghan Markle, the Duchess of Sussex may have dabbled in this treatment.

Removes excess lines

Baby Botox can be done in patients who want to look their age but yet age more gracefully. In fact, in India patients love to maintain

Meghan Markle has sparked rumours of having had Baby Botox

their regular look and just want to remove the excess lines from the face. Dr Shefali Trasi Nerurkar, MD Skin, Consultant Dermatologist, Dr Trasi's Clinic & La Piel says initially when Botox was done, the required doses would relax the muscle without allowing any movement in them. "This made the face look frozen and unnatural. So patients were uncomfortable with the tightness and expressionless face. Also, it

would become a topic of gossip amongst the friends. In Baby Botox, the same composition of botulinum toxin is used on the wrinkles. However, the dose used is lesser, thus it relaxes the muscle contractions and smoothes the lines. It allows the patient to express naturally without giving out unwanted lines and folds," she says.

Good for beginners

This type of Botox works well for certain areas such as the frown lines on the forehead and crow's feet around the eyes. It is more suitable for those who are apprehensive about getting Botox, younger people, actresses or those in the performing arts, opines Dr Shuba Dharmana, Dermatologist, Lejeune Medspa. "This technique is not new. There are some practitioners that use fewer units of Botox than the traditional units for certain areas. For several years now, we have stayed away from that dreaded 'frozen look' by employing fewer units in the treatment. For younger people in their 20s and early 30s, this can be used as a preventive measure too." Dr Geeta Fazalbhoy



Amanda Holden has been criticised for her frozen face

Dermatologist and Founder Member Skin N You Clinic adds, "For beginners, it is a good option as the patients need time to get used to their new look. One can use a higher dose later if the patient likes the present look."

Not a trend in India

Debraj Shome, Facial Plastic Surgeon, The Esthetic Clinics finds a number of patients are now enquiring about Baby Botox as it is the latest trend globally. He says, "While typically Botox may last three months, the smaller doses have been known to wear off in four weeks or so. One of the major problems of Botox use in India is that people here traditionally want treatments which last longer. In any case, these fillers on the face last only for a few months. Now, with the use of Baby Bot-

ox, results sometimes last only four weeks. Most people do not have the time or the energy to invest in repeated injections and hence it has not become a trend in India yet!"

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Courteney Cox earlier went overboard with Botox

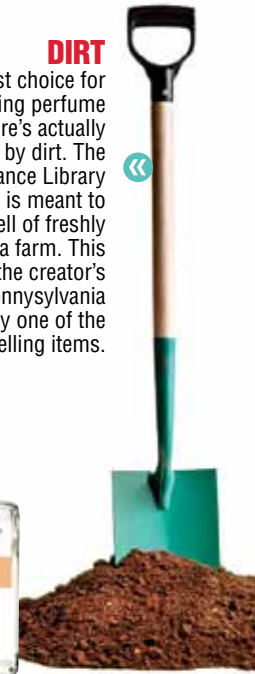
5 unusual scents that you can actually buy

From bacon to blue cheese, these perfumes take inspiration from some of the most bizarre items

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DIRT
Not the first choice for anyone going perfume shopping but there's actually a scent inspired by dirt. The Demeter Fragrance Library Dirt cologne is meant to recreate the smell of freshly worked soil in a farm. This scent inspired by the creator's fields in Pennsylvania is surprisingly one of the brand's best-selling items.



DEAD WRITERS

This one is for all the bibliophiles out there. Taking inspiration from classic English writers like William Shakespeare, Edgar Allan Poe and Ernest Hemingway, The Dead Writers by Immortal perfumes smells like old books. With ingredients such as black tea, vanilla and heliotrope, this is perfect to spritz on for a rainy day in.



BACON

An all-time breakfast favourite, now you can enjoy the scent of freshly fried bacon in a bottle. Bacon Cologne by Farginay which is a unisex product includes just a hint of bacon essence in its Gold (citrus) and Classic (spicy maple) fragrances with other notes including bergamot, grapefruit, lemon and nutmeg.



BLUE CHEESE

Not the most popular of the endless variety of cheeses, blue cheese can now be worn in a perfume. Stilton Cheesemakers created the product in a bid to get more people to eat the food. The scent recreates "the earthy and fruity aroma" of the pungent blue cheese "in an eminently wearable perfume".



BARBECUE

If you're a meat lover, this one is for you. Enjoy the aroma of all the flavours, rich meat and that smoky flavour in this unisex perfume. Que Eau de Barbeque by Pork Barrel BBQ is described by the founders as "an intoxicating bouquet of spices, smoke, meat, and sweet summer sweat" and claims to spice up your dating life too.



DERMATOLOGISTS DON'T WANT YOU TO USE LIP SCRUBS

If like most people you reach for a lip scrub to slough away dry skin, you may want to reconsider. A recent press release from Dr Dennis Gross explains why you should avoid using them. "Lip skin is very different from the skin on your face — it's actually more similar to the skin inside of your mouth," the release reads. "The skin on your lips has a special top layer that doesn't accumulate dead skin cells and is very thin (about one third of the thickness of skin on your face). In order to heal dry, chapped lips, you need to repair that barrier, not scrub it off. When you use a scrub, you're removing the protective outer layer of

the lips, leaving them even more compromised." NYC-based dermatologist Josh Zeichner adds, "I am always cautious in advising patients to exfoliate dry skin, whether it is on the body or on the lips. I recommend hydration as a first step for dry, flaky skin. After hydrating, then you can exfoliate or use a scrub. Scrubbing skin that is already dry can lead to inflammation and cracks in the outer skin layer that actually makes the dryness worse in the end." Skip the scrubs on your lips and opt for moisturising serums and balms instead. And, while you're at it, exfoliate with caution on the body only after moisturising the skin first.



Hydrate your lips before exfoliating

BUZZZZ...

HEIDI KLUM USES THIS BABY PRODUCT TO CLEANSE HER EYES

Heidi Klum's go-to skin care product, is something many of us used when as children, Johnson and Johnson Baby Shampoo. "I use baby shampoo to wash my face," Klum told *HelloGiggles* at an event for a UK beauty supplement. "I think that whatever you give children has to be good for adults," she added. When the former *Project Runway* host and model had suffered from a recurring stye, her eye doctor suggested using the baby product to thoroughly wash off her eye make-up. "I feel like some of the products out there are too harsh, taking out all of your natural oils out and everything," said Klum. "Products that are for kids are great because they go through so much more testing. We shouldn't forget that." The rest of her skin care routine is just as simple. "I use a moisturiser called Buttermilk, it's by Mario Badescu," Klum said. "I've tried many different things and people send me stuff all the time, but this is very light. There is no perfume in it, it's not super thick, or greasy, or too heavy."



Heidi Klum

Entertainment

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Lady Amelia Windsor

LADY AMELIA WINDSOR LANDS HER FIRST MAJOR BEAUTY DEAL

A member of the royal family has just landed herself a beauty campaign for a British make-up company. Lady Amelia Windsor is the cousin of Prince William and Prince Harry and the face of Illamasqua's latest campaign launch which celebrates their 10th anniversary. The royal is 38th in line to the throne and no stranger to the modelling world, having walked the runway for legendary fashion house Dolce & Gabbana and graced the cover of British magazine *Tatler* twice. The brand has aptly titled their latest collection 'The Reign of Rock', which certainly fits the moody rock-inspired shoot the royal is modelling in. Amelia posted to her Instagram to reveal the news. She wrote, "I'm so excited to be a part of @illamasqua's 10-year anniversary. Famed for their unconventional approach to beauty, they celebrating their 10-year anniversary with a brand new, limited edition rock inspired collection, launching on the 10th October. Amazing make-up by @pablo_rodriguez_makeup. #TheReignofRock #illamasqua #wonderland" Not everyone was a fan of her look. One person wrote, "Gorgeous but better without all that make-up."